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How to chat up a stranger in the real world. Page 16



Tory MP Eve Adams switches to Liberals

Politics. Brings backing of ex-Harper loyalist Dimitri Soudas

Justin Trudeau's Liberals scored a two-fer Monday.

Well-connected Toronto-area Conservative MP Eve Adams crossed the floor to sit with the Liberals.

And her surprise defection had the full support of her fiancé, former top Conservative operative Dimitri Soudas — long considered one of Stephen Harper's fiercest loyalists and an architect of the Tories' re-election strategy for 2015.

Within hours, Soudas made it clear he's prepared to use his inside knowledge of the Conservatives against them.

"Mike, stand down on throwing stones from glass houses," he tweeted in response to what he considered a jab at Adams from Edmonton Tory MP Mike Lake.

Conservatives cast Adams' decision as pure opportunism by a woman spurned by the governing party. Party president John Walsh said Adams asked "just a couple weeks ago" about running in another riding, after the party barred her last summer from running in Oakville North-Burlington.



Former Conservative MP Eve Adams, left, is joined by Liberal Leader Justin Trudeau as she announces in Ottawa on Monday that she is leaving the Conservative Party to join the Liberal Party of Canada. JUSTIN TANG/THE CANADIAN PRESS

"I informed her in writing on Jan. 29 that she would not be permitted to run for our party in the next election due to the misconduct from the Oakville North-Burlington nomination race," Walsh said in a statement.

But Adams and Trudeau cast her move as a matter of principle.

"This is not about having a tough day at the office; every-

body has grumpy bosses from time to time," Adams said.

"This is about the fact that my values simply don't align with this (Conservative) team, and I'd like to continue serving Canadians."

Whatever the Conservatives may say about Adams now, Trudeau noted that she continued to serve as a parliamentary secretary to the health minister right up until she resigned

Monday. Parliamentary secretaries are appointed by the prime minister and are one rung down from cabinet.

Adams took some harsh parting shots at Harper and at the party she has championed since she was 14, blasting the Tories' recently introduced income-splitting tax measures for families.

"I cannot support mean-spirited measures that benefit

only the richest few," she said.

"I can no longer support mean-spirited leadership that divides people instead of bringing them together. We need a kind, generous and strong leadership that champions a shared vision for how to make

Canada work for everyone. I want to work with someone who inspires, not with fear-mongers and bullies."

However, NDP Leader Tom

Mulcair accused Trudeau of "stoking cynicism" about politics by welcoming an MP who, until Monday, had supported "every single decision," including income splitting, taken by Harper for the past nine years.

Adams was first elected for the Conservatives in 2011 in the Toronto-area riding of Mississauga-Brampton South but had hoped to run again for the Tories in the newly created riding of Oakville North-Burlington.

A bitter nomination contest ensued and both she and her opponent were forced to drop out. Among other things, the contest involved allegations that Soudas, at the time the executive director of the Conservative Party, was using his position to unfairly help Adams.

Soudas, who formerly served as the prime minister's communications director, subsequently lost his party job, to which he'd been personally appointed by Harper.

Adams said her family supports her decision but declined to specifically address questions about Soudas, suggesting such questions were sexist.

Trudeau said only that he welcomes any family, friends or supporters that Adams brings with her.

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Jobs

New partnership to help Kanata

Co-op placements may be a student's ideal "in" to a new job, but some smaller businesses lack the resources to lure young talent into their workplace.

So a new co-op event on Thursday, called "Kanata Loves Co-ops," aims to make it easier for the tech community to create those placements.

The Kanata North BIA is partnering with Invest Ottawa and the city's two colleges and two universities for the information session on Thursday. It's a first for this type of partnership.

Usually business owners need to go through each of the four schools to navigate their co-op programs, which can be time-consuming. But this event will streamline the process.

"Businesses that previously weren't hiring co-ops or were frustrated by the process — didn't know where to get the information — will now be able to do so and will have more positions available," said Jenna Sudds, executive director of the Kanata North BIA.

Obviously, that could mean a win for engineering and computer science students competing for placements at places like Alcatel.

According to the Kanata North BIA, there are 21,000 jobs in Kanata, which has a population of 100,000. In Kanata North alone, there are 508 businesses.

The co-op event will be Thursday at Brookstreet Hotel from 9 a.m. to 10:30 a.m. It's for business owners looking to hire students.

LUCY SCHOLEY/METRO



A conceptual rendering by Ritchcraft Homes depicting one of the three towers designed for 845 Carling Ave. in Ottawa. CONTRIBUTED

Hydro wires plan branded 'absurd'

Condos. Developer's proposal criticized by community group



JOE LOFARO

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A community group already worried about the construction of Ottawa's tallest building in Little Italy says it is "absurd" for the city to consider Ritchcraft spending more than \$1 million to bury hydro wires at 845 Carling Ave. a "public benefit."

The owner of the site will ask the city's planning committee Tuesday to approve the

55-storey condo tower and two smaller towers, 45 storeys and 18 storeys.

The combined residential-commercial complex would add a combined residential space of 1,100 units.

In exchange for being allowed to build higher than zoning bylaws permit, the city can ask for community benefits from the developer.

In this case, Ritchcraft said it would provide \$3.3 million in public benefits, which include European-inspired *woonerfs* (streets built to give equal priority to cars, bikes, and pedestrians) on Sidney and Adeline streets, the construction of Hickory Street bridge, and burying hydro wires on Sidney and

Adeline streets.

The latter has ruffled feathers with Michael Powell, president of the Dalhousie Community Association, and Somerset Coun. Catherine McKenney is on his side.

The owner proposes spending \$1,182,500 to bury hydro wires. But Powell said the work would have to be done anyway and should not be touted as a community benefit.

"When you're looking at a third of the money to put power lines underground, that's not the benefit that we're looking for," Powell said.

"I don't have a problem with the wires being buried. I don't think it's a community benefit in the same way that, say, new bike paths or

expanded parks are. We think that it would probably have to happen in any case."

McKenney is not on the planning committee, but she intends to make some remarks about the site Tuesday.

"I don't see how burying hydro lines is a community benefit and I expect to ask that of staff tomorrow," she said Monday.

Like Powell, McKenney is concerned about the much larger challenge of managing the influx of traffic in the area once the project is completed. They want in-and-out traffic diverted onto Carling Avenue.

Neither Ritchcraft Homes nor planning chairwoman Coun. Jan Harder could be reached for comment Monday.

CTV. Max Keeping 'unable to verbally communicate'

Health issues have left former CTV news anchor Max Keeping "unable to verbally communicate" and his foundation is holding a press conference Tuesday to announce details on the future of the Max Keeping Foundation.

Nine years after Keeping was diagnosed with prostate cancer, the celebrated anchor and busy charity champion was hit with colorectal cancer in 2012.

He was diagnosed with an untreatable form of the cancer last year.

He underwent surgery in October 2012, but continued to fight for causes in Ottawa.

Media reps for the foundation didn't discuss details of the press conference ahead of the event.

Keeping will be in attendance at the press conference Tuesday at CHEO.

TREVOR GREENWAY/METRO

Charity

Police warn of canvassing scam

Police are warning of a door-to-door scam falsely asking people to donate to the Leukemia and Lymphoma Society.

Police said a lone male has been canvassing Ottawa neighbourhoods for the past year.

The society said there is no current door-to-door campaign.

TREVOR GREENWAY/METRO

Minister. Co-operation expected in rail talks



Pierre Poilievre

SEAN KILPATRICK/THE CANADIAN PRESS

In a tweet, Poilievre promised to "fight for the citizens of Ottawa" in his new role.

LUCY SCHOLEY/METRO

Borrow a person, lend an ear at the Ottawa Human Library

Learning. Annual event lets people share their stories with others, and hopefully change some perceptions along the way



TREVOR GREENWAY

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A medical marijuana patient hopes her harrowing tale of going from a medicated "zombie" to a functioning member of society will help break down the stigma that patients like her have to face everyday.

Shirley, who wished to keep her last name anonymous, may have been hiding in the shadows about her medical marijuana prescription for years, but the mother, wife and small-business owner is finally ready to share her story at the Ottawa Human Library on Feb. 21.

She said it's time for people to forget the stigmas that pigeonhole medical marijuana patients like her as potheads who get stoned all day.

"I own my own house, I pay my bills," she said. "I am a wife, a mother, I do volunteer work. I want people to know we are here and we are people like you. I am not here to intimidate you or scare you or push drugs on anyone. I am here to say that I am just trying to get through my day."

Shirley spent 37 years taking various kinds of opiates, antidepressants and painkillers. She spent close to 20 years numbing her pain and her emotions with little white pills that never seemed to solve any

Quoted

"It's the idea of, 'How can we break down these barriers that have resulted out of prejudices in the world?' It's through very simple human conversations."

Elizabeth Thornley, Ottawa Public Library program development manager

of her problems. "I was like a zombie for years," she said.

Since switching to medical marijuana, Shirley has much of her life back. She can be out of the house for more than two hours at a time, she can sleep, eat and even started her own business.

But she still deals with the stigma when she puffs in public — the stares, the snickers and the quips about how people would "love to have a back injury and watch movies all day."

She hopes her human library session will make people understand how difficult it is to use marijuana as a medicine. Everything from going to concerts and hockey games to allowing her son to have normal sleepovers is a constant struggle.

That's the whole point of the Human Library series, according to Ottawa Public Library program development manager Elizabeth Thornley, who says that with such topical human books to sign out like a Canadian Muslim, a police officer, a former drug user and dealer and someone living with PTSD, people can really start to understand the world around them.



Human books, such as defence lawyer Mark Ertel, left, participate in one-on-one meetings at the Ottawa Public Library's Human Library event last year.
RHEAL DOUCETTE/OTTAWA PUBLIC LIBRARY

Human Library participant

Former sex worker says industry is nothing like Pretty Woman

Former sex worker Caroline

Newcastle took part in last year's Human Library event and can't wait to do it again this year — to show people that she, and most sex workers, are nothing like Julia Roberts in Pretty Woman.

"It's an incredibly stigmatized profession," said Newcastle, now a member of Prostitutes of Ottawa-

Gatineau Work, Educate & Resist (POWER). Newcastle says she felt like the seven or so conversations she had with strangers at last year's event did have an impact on the way people view the sex trade.

"It's a very humanizing experience to have a real-life sex worker in front of

you and then to be able to juxtapose that with your conception of a sex worker in your mind," she added. "It's a really great event to educate the public on what it means to be a sex worker. It's really rare that you will have an opportunity to speak with a sex worker, a former drug dealer or drug consumer."



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Coventry pedestrian bridge opens months before the baseball season

Station-stadium link. \$12-million bridge delivered on time and on budget, Mayor Jim Watson boasts

LUCY SCHOLEY
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The middle of February is perhaps the wrong season to huddle at the foot of a new bridge for a grand ribbon-cutting, but the mayor said it was the right time for the Coventry Pedestrian and Cycling Bridge.

The 153-metre link over Highway 417 connecting Coventry and Tremblay roads officially opened on Monday.

Ottawa Mayor Jim Watson praised the project for finishing on time and within the \$12-million budget.

"Obviously, given the



Coun. Mathieu Fleury jumps for the cameras during the grand opening of the Coventry Pedestrian and Cycling Bridge on Monday. LUCY SCHOLEY/METRO

problems we had in the other bridges, I took a lot of interest in making sure

that this bridge did come in on time and on budget," he said, referring to the Airport Parkway pedestrian and cycling bridge and the Vimy Memorial Bridge (they were

both delayed and the Airport Parkway bridge went over budget).

The new connection is a faster and easier route from the Via Rail train station, and future light-rail hub, to the Ottawa Baseball Stadium. It's a covered crossing with heated stairs to keep from getting slippery.

The link will be busy on game nights, starting May 22. The stadium seats 3,500 to 4,000 people but the parking lot only fits 800 cars.

"This is a really important vital asset for us. We are going to be encouraging fans to take transit to come to games," said David Gourlay, the president of the Ottawa Champions Baseball Club.

The organization is working with OC Transpo to fulfil that goal of getting more fans on buses and light rail, when it arrives in 2018.

Meanwhile, the city is also working on a pedestrian link from Sandy Hill to Overbrook. The Donald-Somerset bridge is due to open next year.

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LA CITÉ LE COLLÈGE D'ARTS APPLIQUÉS ET DE TECHNOLOGIE



Awo Peshdary, 25, has been charged with participating in the activity of a terrorist group and facilitating the activity of a terrorist group. COURTESY RCMP

Non-communication order for Peshdary

Terrorism trial.
Accused in custody as Crown provides evidence to his lawyer

 JOE LOFARO
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Awo Peshdary, the former Algonquin College student charged with terrorism-related activities, seemed to be in happier spirits Monday as he made his second court appearance in Ottawa.

Added to the long list of people he is prohibited from communicating with is Patricia Earle — the mother of Islamic State fighter John Maguire, who studied at the University of Ottawa.

"Perhaps the Crown doesn't want people attempting to intimidate. That's the purpose of a non-communication order," said

In absentia

Last week, the RCMP also laid terrorism-related charges in absentia against John Maguire and another former Algonquin student, Khadar Khalib, 23. Both men are believed to have left Canada to fight for the Islamic State of Iraq and the Levant.

Crown prosecutor Ron Sonley outside of court Monday.

Sonley said charges could be laid if an accused breaches a non-communication order, enforced by the jail. Peshdary is in the same jail as Ashton and Carlos Larmond, both 24, and Suliman Mohamed, 21, who were arrested on terror charges last month.

"The onus here is on Mr. Peshdary to comply with the order," said Sonley.

Mohamed and the Larmond brothers are scheduled to make another court appear-

ance on Thursday.

The RCMP charged Peshdary, 25, with conspiring to participate or to contribute in an activity of a terrorist group, participation in the activity of a terrorist group and facilitating an activity for a terrorist group.

Peshdary's lawyer received evidence from the Crown on Monday and expects to receive a larger "package" in the coming days as his client waits in custody.

"He is feeling as you might expect. He's eager to get this thing moving forward. So we're just waiting to get more disclosure from the Crown," said defence lawyer Richard Morris.

Before a police officer led him out of the prisoner's box Monday, Peshdary appeared relaxed and smiled at his family members in court. He was remanded into custody and will return to court on Feb. 19.

As his family members left the courthouse, they declined to answer questions from the media.



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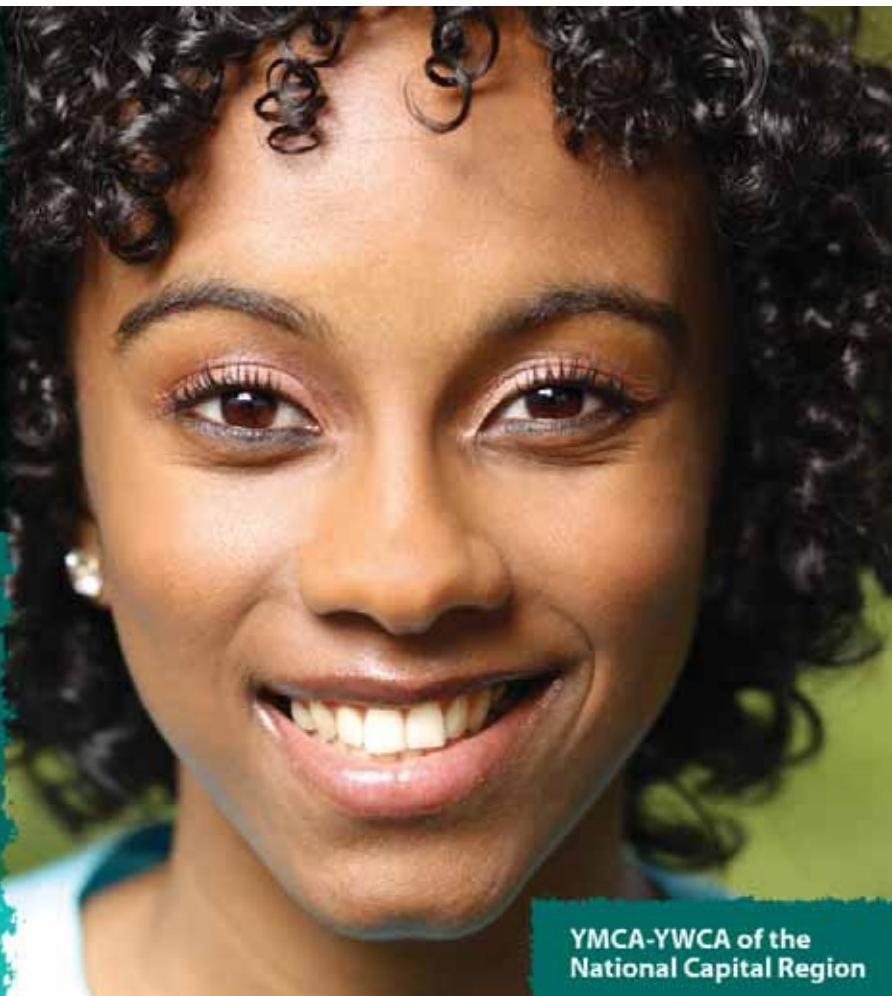
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Education. Harper halts movement on reforms, but funds in limbo: AFN chief

The new national chief of the Assembly of First Nations says Prime Minister Stephen Harper personally told him that the Conservative government will not move ahead with its controversial overhaul of aboriginal education.

That raises a big question mark over what happens to the \$1.9 billion tied to the original bill, which has been in limbo since last spring when chiefs from across Canada flatly rejected its proposed reforms to First Nations education.

Perry Bellegarde said he asked Harper on Jan. 28 not to "re-profile" the money — in other words, not to use funds set aside for First Nations education in last year's budget for another purpose — but added that he did not leave his meeting with the prime minister with a sense of optimism about the

Lawsuit

Aborigines who were adopted into white families during the so-called '60s Scoop are suing the federal government for their loss of culture and emotional trauma. Almost 1,200 adoptees have filed a class-action lawsuit seeking compensation from Ottawa.

education money. Bellegarde warned of the message it would send to First Nations if the government decides to reassign the education funding.

"It would signal that they're not in touch with communities, not in touch with the needs and basically putting First Nations issues to the side when it comes to education."

THE CANADIAN PRESS

Egypt. Fahmy's family launches online campaign

The family of a Canadian journalist languishing in an Egyptian prison launched an online campaign Monday, urging Prime Minister Stephen Harper to intervene in the case of Mohamed Fahmy.

Fahmy's family called on supporters to use the hashtag "HarperCallEgypt" in their efforts to encourage the prime minister to urgently lobby for the 40-year-old's release this week.

The initiative came a day after Egyptian authorities announced a date for Fahmy's retrial — a move that shocked him and his family, who had previously been told by then-foreign affairs minister John Baird that his release

was "imminent."

The new trial is expected to begin on Thursday, and Fahmy's family said they are "extremely worried" that his release could be delayed indefinitely.

"We're just in shock. We don't understand how this happened and why," Fahmy's brother, Adel Fahmy, told The Canadian Press. "Why does my brother have to go through all this torment?"

A spokeswoman for Lynne Yelich, junior minister responsible for consular affairs, said Prime Minister Harper has "personally" raised Fahmy's case with the highest level of the Egyptian leadership. THE CANADIAN PRESS

Court

Allow Khadr to give interviews, lawyers argue

The public has a right to know as much as possible about Omar Khadr before he is released from prison, especially since the federal government has repeatedly branded him an unrepentant terrorist. Federal Court heard Monday. In urging the court to force prison authorities to allow media to interview Khadr, their lawyer said the government had put the issue on the public stage. THE CANADIAN PRESS

Tax season

CRA urging MPs to promote Tory tax measures

An annual tax-season information kit being sent to all members of Parliament is going further than just outlining the nuts and bolts of paying taxes.

MPs also appear to be getting a nudge from the Canada Revenue Agency to remind constituents about the Conservatives' recently announced tax measures targeted at families.

THE CANADIAN PRESS



Tests show no links between Toronto and Disneyland measles cases

Visitors follow Mickey Mouse for photos at Disneyland in Anaheim, Calif., in January. Testing shows there is no link between four recent measles cases in Toronto and an outbreak linked to Disneyland.

Toronto Public Health says testing of the viruses from four of the city's six cases show they are from a strain called D4. The Disneyland outbreak, which has sparked at least 114 cases, is caused by viruses from the B3 strain. Dr. Vinita Dubey says the D4 strain of measles circulates in a number of different parts of the world.

PHOTO: THE ASSOCIATED PRESS/
THE CANADIAN PRESS
TEXT: THE CANADIAN PRESS

Family still hoping for liver donor for one of ailing twins

Health. Three-year-old twin daughters of Ontario couple both need liver transplants, but their father, who is a match, can only donate once

An Ontario couple is still waiting for a liver donor to save one of their ailing twin girls despite intense media attention after going public.

The three-year-old girls' father — Michael Wagner — will donate part of his liver sometime in the next few weeks, but he can only save one of his daughters.

Johanne Wagner, the girls' mother, says she will sign up as a potential donor in a few months if another one isn't found by then.

The twins — named Binh and Phuoc — have Alagille syn-

drome, a genetic disorder that affects the liver, heart and other organs. Without a liver transplant, the girls will die.

The parents, who have nine kids, have asked doctors to decide which of the twins will receive their father's liver because they said they cannot choose.

The couple's story, often compared to the film Sophie's Choice, has made headlines around the world.

Michael Wagner said his wife hasn't been tested yet because she needs to be there for the kids if something goes wrong with his transplant surgery.

"She's our reserve," he said during a recent interview with The Canadian Press at the family's home in Kingston, Ont.

"Part of it is that we knew we could only do one parent at a time and that I would have to recover before she went in."

Michael underwent final

Transplants

There are 227 Ontarians who need liver transplants, according to the Trillium Gift of Life Network.

- Last year, 84 people who needed livers died before getting one.

testing last week at the Toronto General Hospital and is now awaiting the date of the surgery, he said, which should come within the next few weeks.

The couple's story has led to a stark increase in interested donors, said Gary Levy, who runs the liver donor program at the hospital.

As of Wednesday, the hospital had received 436 applications in just a few weeks, Levy said. In the past week he's met with about a dozen candidates

who want to donate their liver to one of the twin girls.

"Normally we try to restrict and push one or two through at any one time, but because of the illness status of these children, we are making exceptions," Levy said.

The hospital hopes to have a second donor for the twins lined up shortly, he said.

Levy said some of the potential donors have expressed interest in helping out many of the others on the list.

For the Wagners, waiting for the second donor is the toughest part.

"We're trying to keep ourselves busy," Johanne Wagner said. That's the easy part, with nine children bouncing around.

Michael Wagner continues to struggle with the fact that he is a match for both girls but cannot donate his liver twice.

"The cruel part of the liver is that you can only do it once," he said. THE CANADIAN PRESS

Cabinet shuffle sees Kenney as defence minister



Jason Kenney is now in charge of the defence portfolio. THE CANADIAN PRESS

Jason Kenney isn't known for holding his fire on the subject of radical Islam — and now he's in charge of whether the Canadian military will or won't continue to do the same.

Kenney took charge of the defence portfolio Monday in a cabinet shuffle that puts an edge on the team Prime Minister Stephen Harper will lead into the October election campaign.

Former defence minister Rob Nicholson took over foreign affairs after the resignation of John Baird last week.

Kenney's former job as minister of employment and social development will be handled by Minister of State for Democratic Reform Pierre Poilievre.

The trio represents three of the most battle-tested MPs in the Conservative caucus who've shown a willingness to

take a hard line on controversial policies.

But New Democratic Party Leader Tom Mulcair questioned whether Nicholson was the right choice for the time.

"At a time like this in the world that we live in today, it is a bit surprising you have someone who can't reach out more than he can," Mulcair said, noting Nicholson's inability to speak French. THE CANADIAN PRESS

Obama, Merkel reaffirm unity in securing Ukraine peace plan

Foreign affairs.

While Obama mulls defensively arming Ukrainian forces, Merkel stands strong in non-military approach

U.S. President Barack Obama and German Chancellor Angela Merkel declared Monday that Russian aggression in Ukraine has only reinforced the unity of the U.S. and Europe, as they weighed the prospects of reviving an elusive peace plan to end the conflict.

Still, Obama held open the prospect that if a new round of diplomacy this week fails, the U.S. could send Ukraine's beleaguered military defensive weaponry. Merkel and other European leaders staunchly oppose arming Ukraine, in part out of fear of sparking a proxy war with Russia.

The U.S. and Europe have largely been in agreement on their response to the conflict between Russia and Ukraine,

Canadian stop

Merkel lands in Ottawa

Following her Monday meeting with U.S. President Barack Obama, German Chancellor Angela Merkel arrived in Ottawa on Monday evening to brief Prime Minister Stephen Harper on her efforts to ease Russian-Ukrainian tensions.

Her Canadian stop is the latest in her week-long tour voicing her desire to find a peaceful resolution to hostilities in east Ukraine. **THE CANADIAN PRESS**

raising the prospect that a public split over lethal aid is a tactic to push Russian President Vladimir Putin to agree to a peace plan.

During a joint White House news conference with Obama, Merkel reaffirmed that she sees no military solution to the

fighting in eastern Ukraine. However, she added that no matter what Obama decides, "the alliance between the United States and Europe will continue to stand."

Merkel and French President Francois Hollande met with Putin and Ukrainian leaders last week and announced a new summit meeting for Wednesday in Minsk, Belarus.

Merkel, who has perhaps the most productive relationship with Putin of any Western leader, said reaching a diplomatic agreement was crucial to keeping the peace in Europe.

"I myself actually would not be able to live without having made this attempt," she said through a translator.

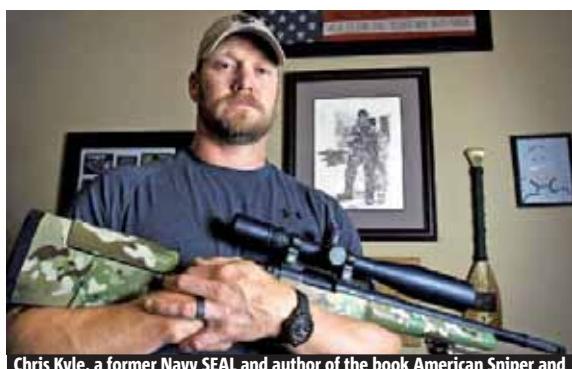
More than 5,300 people have been killed since fighting in eastern Ukraine began in April, according to a UN tally.

Obama gave no indication of how quickly he would make a decision on increasing military assistance to Ukraine, nor did he indicate whether there was a specific development that might trigger that step. **THE ASSOCIATED PRESS**



German Chancellor Angela Merkel listens as U.S. President Barack Obama speaks during their joint news conference in the East Room of the White House in Washington on Monday. **EVAN VUCCI/THE ASSOCIATED PRESS**

Jury selection begins in 'American Sniper' trial



Chris Kyle, a former Navy SEAL and author of the book *American Sniper* and subject of the film of the same name, was fatally shot at a gun range in February 2013. **PAUL MOSELEY/THE FORT WORTH STAR-TELEGRAM/THE ASSOCIATED PRESS**

Jury selection began Monday in the trial of the man accused of fatally shooting a former Navy SEAL depicted in the Oscar-nominated film *American Sniper*.

More than a dozen people were dismissed Monday morning in Stephenville, Texas, where former Marine Eddie Ray Routh is charged with capital murder in the deaths of 38-year-old Chris Kyle and Kyle's friend, 35-year-old Chad Littlefield.

A challenge facing authorities is ensuring a fair trial just as the movie based on Kyle's memoir continues to make mil-

lions at the box office.

The county's top prosecutor told prospective jurors Monday that he knew many of them will have seen the movie, which depicts Kyle's stories of serving four tours in Iraq.

"It's hard not to have knowledge of this case," Erath County District Attorney Alan Nash said. "It's pervasive."

Seeing the movie or reading Kyle's book won't be disqualifying on its own, according to both Nash and State District Judge Jason Cashon, who will oversee the trial.

Nash asked potential jurors if they were unable to set

aside what they'd already heard about the case. No one among about 130 potential jurors in court raised their hand.

Instead of a typical Erath County jury pool of 175, about 800 jury summons were sent out, district clerk Wanda Pringle has said. About 260 potential jurors reported to the courthouse Monday.

Routh's attorneys plan to pursue an insanity defence stemming from post-traumatic stress disorder (PTSD). Prosecutors have said they won't seek the death penalty for Routh, who faces life in prison without parole. **THE ASSOCIATED PRESS**

Eddie Ray Routh

Routh's family said he has struggled with PTSD since leaving the Marines in 2010.

- **Shooting.** Kyle had brought Routh to the range on Feb. 2, 2013 at the request of Routh's mother to help him cope.

- **Discovery.** Two hours after their arrival at the range, an employee found the bodies of Kyle and Littlefield.

Egypt

Stadium crush leaves 22 dead

Survivors described it as a corridor of death: a narrow route of high, chain-link security fences and barbed wire that thousands of soccer fans were filing through before entering the stadium to watch their team play.

Mayhem broke out when those at the line's front were turned back by police, as those at the back continued pushing forward, prompting police to fire tear gas into the middle of the crowd.

The ensuing stampede of people on Sunday killed 22 at the Air Defence stadium. **THE ASSOCIATED PRESS**

India

Police search for man in 20s after rape reported

Police were searching Monday for a man in his 20s who allegedly raped a Japanese student in northern India.

A 20-year-old female student was attacked Sunday

and is the second Japanese woman raped in India in recent months. The man had met her in Jaipur and offered to act as her guide, before driving her on his motorcycle to a farming village outside Rajasthan state where he allegedly raped her on the roadside before leaving her.

THE ASSOCIATED PRESS

Atlanta, Ga.

Man fatally shoots his ex-wife, 2 kids

A man had been arguing with his ex-wife over taxes and child support before he killed her, two of his children and a fourth person before fatally shooting himself, an investigator said Monday.

Cedric G. Prather Jr., 33, walked inside a suburban Atlanta home, fatally shooting his ex-wife, 33-year-old Latoya A. Andrews, and her boyfriend, 33-year-old Joseph Terry Brown, police said. Prather also fatally shot two of his children — his seven-year-old daughter, London, and nine-year-old son, Jeremiah. **THE ASSOCIATED PRESS**

Micro condos to face first test, experts say

Investment units.

Sales of 3,000 shoebox apartments in Toronto nearing completion could spur developers to build more to satisfy demand from investors



A rendering of a micro loft in Vancouver. Reliance Properties restored the former single occupancy hotel into rental units with an average size of 265 square feet. COURTESY RELIANCE PROPERTIES/THE CANADIAN PRESS

The appeal of so-called shoebox condos — no larger than the size of two average living rooms — will face its first real test in Canada this year, with an influx of the compact homes set to hit the country's largest real-estate market.

Investors are betting on big returns from young renters who can't afford to buy in the red-hot real-estate market and don't mind living in a unit about 500 square feet, where their dining table might have to fold down into a bed.

Although developers are pitching micro condos as an

affordable entry point into the market, brokers say it's mostly investors — catering to a demographic of young professionals increasingly flocking to the downtown core — that's driving demand.

Micro suites tend to fetch higher rents per square foot than larger units, as many renters are willing to live in a slightly smaller space in order to save a bit on costs and live closer to the city core.

Shaun Hildebrand, vice-president of condo research firm Urbanation, says condos under 500 square feet can bring in well over \$3 per square foot, while the rest of the market averages around \$2.50 or \$2.60.

There are nearly 3,000 micro condo units under construction in Toronto that are slated to be completed this year, Hildebrand says. If investors snatch them up, that could spur developers to build more of the micro units to satisfy demand from investors.

The challenge comes in securing a mortgage for the micro units. Brokers say Canada's five biggest banks are hesitant to provide financing for units below a certain minimum square footage, concerned that investors will sell off the properties if the housing market starts to slide.

THE CANADIAN PRESS

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Toys for boys plays well for Hasbro

The appetite for superheroes and robots in disguise, such as Transformers, led to a healthy fourth quarter at Hasbro, even as a shift toward electronics has challenged the traditional toy industry. Hasbro said Monday that sales of toys geared toward boys increased 21 per cent while sales of toys for girls fell 10 per cent. THE ASSOCIATED PRESS FILE

Online entertainment

Netflix launches service in Cuba

Netflix is launching its movie and TV show streaming service in Cuba as credit and debit cards become more widely available. Only 27 per cent of Cuba's population has access to the Internet, but Netflix is banking on more people getting Internet access as the U.S. eases sanctions against Cuba. THE ASSOCIATED PRESS

Market Minute

DOLLAR
80.22¢ (+0.37¢)

TSX
15,100.70 (+16.78)

OIL
\$52.86 US (+\$1.17)

GOLD
\$1,241.50 US (+\$6.90)

Natural gas: \$2.597 (+1.8¢)
Dow Jones: 17,729.21 (-95.08)

HSBC's Swiss branch helped rich dodge taxes: Documents

HSBC's Swiss private bank hid millions of dollars for drug traffickers, arms dealers and celebrities around the world as it colluded to help them dodge taxes, according to a report based on leaked documents that lifts the veil on the country's banking secrecy.

The report, published Monday, suggests the bank, which is based in London but has operations globally, not only turned a blind eye to the illegal activities of its clients but actively helped them avoid taxes.

A former HSBC employee-turned-whistleblower, Hervé Falciani, gave the data to

Clients

The International Consortium of Investigative Journalists said clients included former and current politicians from Britain, Russia, Ukraine, Kenya, India, Mexico, Lebanon, the Democratic Republic of the Congo, Zimbabwe and Algeria.

French tax authorities in 2008. France shared it with other governments and launched investigations. The French newspaper Le Monde obtained a version of the data and shared the material with

the International Consortium of Investigative Journalists, which analyzed the material together with The Guardian and the BBC in Britain.

The leaked documents, which mainly cover the years 2005 to 2007, relate to accounts worth \$100 billion US held by more than 100,000 people and legal entities from 200 countries.

HSBC stressed that the documents were from eight years ago and said it has since implemented initiatives designed to prevent its banking services from being used to evade taxes or launder money. THE ASSOCIATED PRESS

Screenings on way for those with autism

Cineplex Entertainment is launching a special screening program for people with autism spectrum disorder and their families.

The Canadian movie-theatre company says its Sensory Friendly Screenings will include 2D projection, increased auditorium lighting, lower volume and smaller crowds.

Theatres will also allow

families to bring in outside food and take a break from screenings in a nearby "calm zone."

Cineplex says the screenings will take place in select venues on select Saturdays at 10:30 a.m., before theatres open to the general public.

Guests of all ages will be able to get in for the current child-ticket price.

The program begins Feb.

14 with The SpongeBob Movie: Sponge Out of Water.

Other titles and booking information will be announced on Cineplex.com up to two weeks in advance of each screening. The program was developed in concert with Autism Speaks Canada.

Participating theatres include Cineplex Odeon South Keys Cinemas in Ottawa.

THE CANADIAN PRESS

VOICES

WI-FI COMING TO A BUS NEAR YOU

As OC Transpo adds new buses to its fleet, the prospect of free wireless service on public transit opens up — but what that will actually look like is unclear



YOUR RIDE

Kathryn Hunt

We used to read books on the bus; now, we use our transit time to check email, catch up on social media or text our friends. Look around any bus and you'll see almost everyone looking into their screens.

And now the days are coming when transit riders will be able to save their data plans and use free wireless Internet on at least some buses in Ottawa.

The city has just bought 37 new double-decker buses. As well as being equipped with security cameras and automatic passenger counters, the buses have the capacity for Wi-Fi on the go. Fifteen of these new buses are slated to hit the streets this year — now all that remains is to work out a partnership with a wireless provider.

Before phone addicts get too excited, though, there aren't any plans to retrofit existing buses in the fleet.

We won't suddenly be able to get wireless on any OC Transpo bus. But that's also the case in other cities that have introduced free Wi-Fi on buses: only certain buses have it.

We're not the first city in the country to take this step, and it has met with varying success in other places.

In Vancouver, select buses got Wi-Fi last summer through a partnership with TELUS,



The city has just bought 37 new double-decker buses with on-the-go Wi-Fi capabilities. PHOTO ILLUSTRATION: SEAN MCKIBBON/METRO

which included wraparound TELUS branding on the Internet-capable buses. Vancouver's buses are part of a six-month pilot project that

finishes this month, after which the city will decide whether to expand the program to more buses.

DO YOU HAVE A TRANSIT IDEA?
Shoot us an email:
ottawa@metronews.ca

The plan didn't go so well in Saint John, N.B. The transit commission ended up having to cancel its free Wi-Fi service after abuse caused the costs to skyrocket. People started taking advantage of the free connection, riding the buses in order to download large files, and the costs to Saint John Transit quickly tripled, finally reaching \$3,000 a month.

It was equally expensive to implement a means of controlling it (such as giving each bus its own IP address), so the transit commission quietly took its buses back offline last spring.

With the details of OC Transpo's arrangement with its wireless provider still in the works, it's hard to say what safeguards or restrictions might apply here.

But at least for a while, some riders will be able to watch their videos without worrying about their data limits.

Kathryn Hunt @k8thek8 is a writer, editor of Centretown BUZZ, storyteller, poet, cycling blogger, rock climber, mysterious techno vixen (confirmed) and geek. Not necessarily in that order. You can read her cycling blog at theincidentalcyclist.blogspot.ca.

Doctor-assisted suicide

With the Supreme Court striking down Canada's ban on doctor-assisted suicide, the country has one year to write a new law. Two affected parties share their take:

THOSE SUFFERING GIVEN A CHOICE

WANDA MORRIS

readers@metronews.ca

Every year, thousands of Canadians die under horrific circumstances, suffering prolonged pain and anguish until the very end.

Improved palliative care would help many. But for others, the relief they seek is only possible with physician-assisted dying (defined as prescribing or administering medication with the intention of ending a patient's life).

We hear too many stories about those who end their lives violently or prematurely because they can't count on assistance when they need it or who live through to the end and experience great pain as a result.

Friday's decision makes us hopeful that tragedies like these will soon become a thing of the past.

One of our supporters had terminal cancer and spoke about how she envied her cat, Sparky. She knew that if Sparky was experiencing great suffering, a vet would help Sparky die in her arms. All she wanted was

to have the same choice for herself. Friday's judgment came too late for her. But others will soon have that choice.

The court has given policy-makers a year to put new rules in place. Soon, there will be an alternative for individuals facing chronic, intolerable suffering at end of life.

At DWD Canada, we've always believed the evidence from other countries that shows we can provide choice to the dying and protect our weakest and most vulnerable citizens. The Supreme Court has given Canadians choice; now, we must stand guard to make sure necessary safeguards are put in place.

Life is precious, and very few of us would want to shorten our lives by even a single day.

But now, Canadians have the peace of mind that comes from knowing that if the worst comes to the worst, they'll have a last possible alternative.

Wanda Morris is the CEO of Dying With Dignity Canada.

DECISION AS IT STANDS IS DANGEROUS

DEAN RICHERT

readers@metronews.ca

On Friday, the Supreme Court of Canada struck down the law prohibiting physician-assisted suicide.

The decision as it stands creates the potential for the most permissive and least restrictive criteria for assisted suicide in the world, putting persons with disabilities at serious risk.

It is extremely troubling for people with disabilities and their communities to see the court's inclusion of "disability" as a possible "grievous and irremediable medical condition."

The court left it open as to which types of disability are included and which are excluded. Who is to decide what disability is a grievous and irremediable medical condition?

Note that the Court did not say that asking a doctor to help you die is restricted to someone diagnosed with a terminal illness who will die within six months, as is required

in the states of Washington and Oregon. Instead, it allows assisted suicide on the basis of physical or psychological suffering. This places people with serious mental-health issues at risk, as well as people who have not yet come to grips with their disability.

Further, the ruling does not adequately address the issue of coercion.

Will a person's wish to die be manipulated in any way? What is the process for discovering such coercion? Seeking consent to help someone commit suicide is complex and fraught with uncertainty.

The Council of Canadians with Disabilities is calling on Parliament to place crucial safeguards on the Court's judgment to limit access to assisted suicide. People with disabilities and their organizations must be included in this process precisely because the impact of this ruling can lead perilously close to a "better to be dead than a burden" mentality.

Dean Richert is chair of the Ending of Life Ethics Committee for the Council of Canadians with Disabilities.

SCENE 2

10

GOSSIP

metronews.ca
Tuesday, February 10, 2015

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES



Amber Heard and Johnny Depp ALL PHOTOS: GETTY IMAGES

One wedding isn't enough for Johnny Depp and Amber Heard

Johnny Depp and Amber Heard are, like, extra married now.

After blindsiding gossip-mongers last week with a surprise knot-tying in L.A., the happy couple headed down to the Bahamas as planned for a lavish, intimate ceremony on Depp's own island, Little Hall's Pond Cay.

Photos of the island over the weekend

showed a lovely canopy set up on one of the island's several beaches, along with 24 chairs.

"Amber did her own hair and makeup, and Johnny was as laid-back as usual. But there has been a genuine glow about them since Wednesday, when they officially became man and wife," a source tells the Sunday Express.

"They wanted to do it

all again on the beach and ... (celebrate) with friends, because they love the island and want it to be a continuing part of their lives together."

It's unclear which beach the ceremony took place at, but one of them is named after Depp's ex-partner, Vanessa Paradis.

Going to go out on a limb and guess it wasn't that one.

Justin Bieber



Kevin likely to have a Hart when it comes to roasting Bieber

Apparently for the upcoming — and sure to be not at all awful — roast of Justin Bieber, Comedy Central felt it needed someone who could relate to the boy of the hour on his own level.

Enter equally diminutive comic titan Kevin Hart, who is stepping in as roast master for the event.

"I don't normally do roasts, but I had to step out for my guy Biebs,"

Hart says in a released statement.

"It's his big 21. It's about to be Operation Roast Everyone's Ass."

And while we appreciate Hart's enthusiasm, this feels like a incredibly safe choice, as the Wedding Ringer star is not known for any particularly negative slant in his comedy.

Maybe the chances were too great that usual Friar's Club go-to host Jeff Ross would've reduced Bieber to tears before the first commercial break.

Soup for you, Jennifer Lawrence

Jennifer Lawrence is now getting unsolicited help in her campaign to be the most down-to-earth star on the planet. While celebrity chef Wolfgang Puck was giving a preview of his annual post-Oscars Governors Ball menu, he couldn't help offering up a side of charming J Law anecdote. "She didn't know who I was," Puck remembers of the 2013 gala, after Lawrence won her Best Actress trophy. "Her publicist said, 'That's Wolfgang Puck.' She says, 'Oh my God, I eat his canned soup all the time!' I thought that was very funny." And charming!



Jennifer Lawrence

Everything isn't awesome for the *Lego Movie* directors, who were passed over for an Oscar nomination. CONTRIBUTED

Lego Movie directors are still mad at Academy

Crowd-pleaser *The Lego Movie* took home a BAFTA this weekend for Best Animated Film, but that apparently doesn't quite wash away the slight of being passed over for an Oscar nomination. While accepting their award in London, co-directors Phil Lord and Chris Miller didn't let the opportunity

pass to make a dig at the Hollywood elite who left them out of the big show. "You are our favourite Academy by far," Lord said from the BAFTA stage. "You guys win the award for best Academy. This is the end of the awards road for us, so we can say whatever we want. There's no one left to impress."

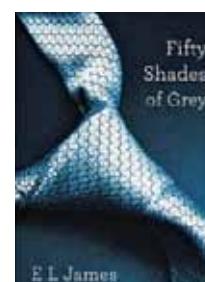
Fifty Shades is 'too soft' for 84-year-old dominatrix

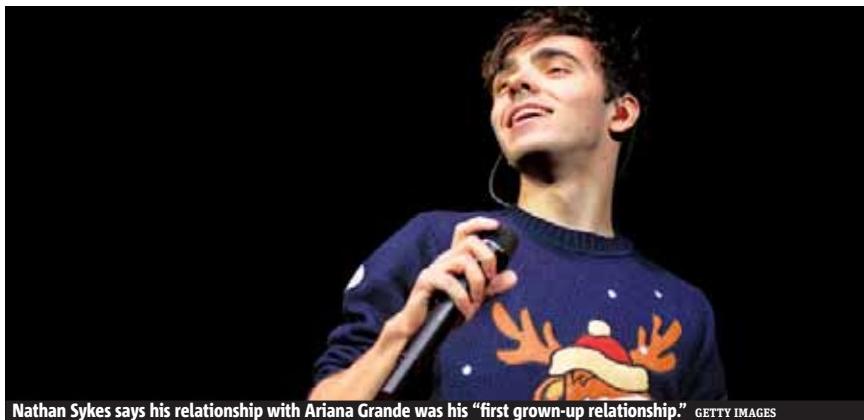
France's premier dominatrix is less than impressed with the phenomenon of *Fifty Shades of Grey*, to put it mildly — not that she's in the business of ever really putting things mildly.

"It's a poorly written fairy tale and much too soft. Real bondage is massively more fulfilling," 84-year-old Catherine Robbe-Grillet tells the Mail Online.

"It's roman-

tic literature — effectively the story of a powerful man, a Prince Charming, and his adventurous relationships. There are spicy bits, and the scenes certainly inspired an interest in bondage, discipline and dominance, but I don't believe it did much to increase the number of people taking part." Certainly E.L. James wasn't expecting the pros to go easy on her work, was she?





Nathan Sykes uses Grande heartbreak to make music

Interview. Former member of The Wanted opens up about his breakup with singer Ariana Grande

Ariana Grande may be happily in love with Big Sean, but before things heated up with her

Right There collaborator, she dated The Wanted (remember them?) band member Nathan Sykes. Now that The Wanted are broken up, Sykes has been in the studio recording some solo songs, and one in particular is about his famous ex.

"The most emotional song is about me telling myself not to be angry about the breakup because sometimes things just don't work out," he tells The

Sun. And he didn't hold back revealing more details about their breakup to the paper: "The time we broke up was really tough. The Wanted decided to take a break and I lost my granddad. I was not in the best place. She was my first grown-up relationship. But sometimes you have to go into a place like that to be able to find the best music out of it."

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Music business

Where to flow those streams of gold?



SOUND CHECK
Alan Cross
scene@metronews.ca

It's not quite the garbage anti-vaccine whackos are spreading, but much of what's being reported on the payouts made by streaming music services — Spotify, Rdio, Deezer, YouTube and so on — is pretty ridiculous.

You've probably heard stories about artists who receive royalty cheque pitances despite having their songs streamed hundreds of thousands if not millions of times. It seems obscenely unfair. But wait.

First, music streams cannot be equated with music sales. Streams are occasions of individual listens. Artists are paid according to the exact number of people who listen to a given song whenever an individual selects it to be played. That payment is frac-



Artists should be looking to their record labels before complaining about streaming money. ISTOCK

tion of a cent — but it's still something for each and every play a song gets. Compare this to listening to a song on the radio. Radio stations pay a series of fees for the privilege of playing music as part of their business. Those fees are based on a percentage of the pre-tax gross ad revenue of the station. The more the station makes, the more it pays out to artists and composers. Hundreds of thousands of people may hear a song when it's played on the air one time. And guess what each play is worth? A fraction of a cent.

So if you're going to com-

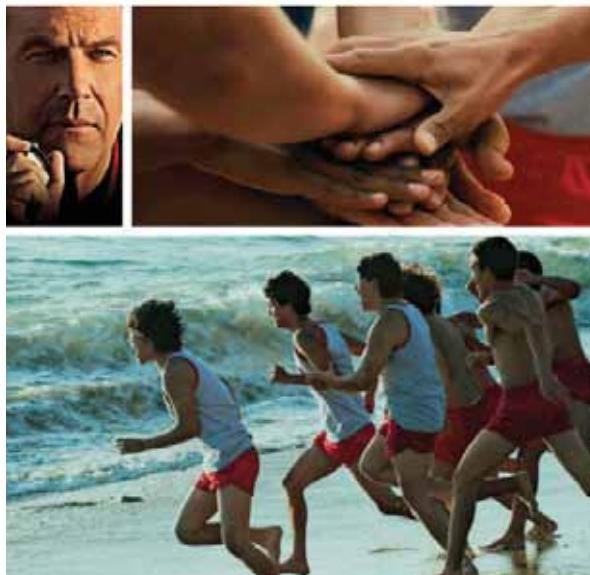
pare streaming payments to anything, it should be to what artists get for radio airplay, *not* revenues from sales.

Next, consider how streaming fees are set. Record labels, music publishers and music collectives — the people expected to have the artists' interests front-and-centre — negotiate with streaming services over rates. From there, it goes to the Copyright Board for a definitive ruling. Streaming services aren't just being arbitrarily stingy; they're told what to pay.

Finally, let's look at how these payments are divided up. A recent audit of Deezer in France looked at where the company's payments go. Post-tax, out of each 10-euro monthly subscription rate, 11 per cent goes to the artists, 16 per cent to the writers/publishers and 73 per cent to the major labels. Huh.

It's not clear if similar splits exist in other territories because the payout process is opaque. But if it is, then artists' beefs over streaming payouts are not with Spotify, Rdio, et al. It's with the labels and people who are supposed to be looking out for them.

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3 LIFE

12

HEALTH

metronews.ca
Tuesday, February 10, 2015

Instead of sweating off those extra pounds with hundreds of crunches, neurons could do some of the work to create energy-burning 'good' fat. iSTOCK

Burn starts in brain

Weight loss. Brains rather than brawn could hold the key to staying thin, research shows

The brain could be a powerful fat-burning tool, say scientists at Monash University in Melbourne who discovered that two naturally occurring hormones interact to convert energy-storing white fat into energy-burning, "good" brown fat.

"Turning white fat into brown fat is a very exciting new approach to developing weight-loss agents," says lead author Professor Tony Tiganis from the Department of Biochemistry and Molecular Biol-

ogy. "Eventually, we think we may be able to help people lose weight by targeting these two enzymes."

One of the enzymes, leptin, is an appetite suppressant that's generated in fat cells and the other is insulin, which comes from the pancreas when levels of glucose in the blood start to rise.

Professor Tiganis' research shows that the two hormones act together and persuade a group of neurons — called proopiomelanocortin (POMC) neurons — in the brain to convert the fat from white to brown, thereby igniting the fat-burning process.

"These hormones give the brain a comprehensive picture of the fatness of the body," says Professor Tiganis.

"Because leptin is produced by fat cells, it measures the level of existing fat reserves — the more fat, the more leptin. Whereas insulin provides a measure of future fat reserves because glucose levels rise when we eat."

If all this has you wondering why you can't just think your way skinny, chances are enzymes called phosphatases that inhibit the actions of leptin and insulin could be working against you.

Professor Tiganis' team found that when phosphatases were reduced, more brown fat was created and more fat was burned.

Don't give up your diet or relinquish your gym membership just yet: Professor Tiganis says any potential therapy

based on his team's research is still a long way off.

Brown fat cells, also called adipocytes, occur most densely around the neck and shoulders, according to the researchers, whose study was published in the journal Cell.

That white adipocytes can be converted to brown has been suggested by several studies revealing a variety of methods to do so.

For example, a study at Maastricht University Medical Centre in the Netherlands says it's possible to create brown fat by keeping your surroundings cool, while another published in the journal Cell Press indicates that Mirabegron, a drug normally used to treat an overactive bladder, could also do the job. AFP

Tips

Save on gym memberships

Max out trials

Finding the right gym fit is key. A great way to check out classes, instructors or an overall environment is to take advantage of freebies. Money-saving expert Andrea Woroch in Bakersfield, Calif., said many gyms offer up to a full week free. Salespeople may try to entice during trial periods with limited-time discounts, but don't bite if it doesn't feel right. Move on to another gym until you find the right one. "You want to test out the equipment, go at the time that you typically think will fit into your schedule, whether it's after work, at lunch. See what the crowds are like," she said.

Try haggling

Think of signing up for a gym membership the same way you would buy a car, Woroch said. Salespeople have quotas and that puts you in the driver's seat. Perhaps you can score a lower monthly rate or have the initiation fee waived. Ask for the first month free, more guest passes, extra personal training sessions or complementary child care. "There's always wiggle room," she said.

Coupons, warehouse clubs and daily deals

Look around. Sites like Groupon and Living-Social often offer deep discounts of up to 70 per cent on local gym memberships and personal training.

THE ASSOCIATED PRESS

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Theresa's tips

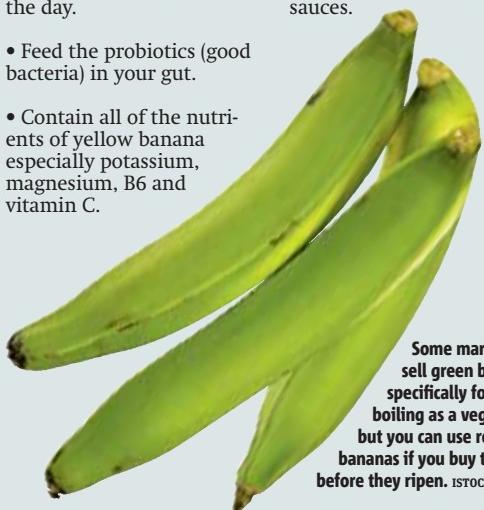
Preparing a delicious new savoury starch



NUTRI-BITES
Theresa Albert
DHN, RNC
myfriendinfood.com

Move over potatoes, bananas are the new side dish. On a recent trip to the Dominican Republic, I tried a Caribbean specialty of boiled banana and onions. Turns out that green bananas are used as a savoury starch and they are quite delicious. Green bananas:

- Contain more resistant starch than yellow, which means that they are slower to digest and won't cause a blood sugar spike.
- Are lower in simple sugar than yellow bananas.
- Are a resistant starch that makes you feel fuller over the day.
- Feed the probiotics (good bacteria) in your gut.
- Contain all of the nutrients of yellow banana especially potassium, magnesium, B6 and vitamin C.



Some markets sell green bananas specifically for boiling as a vegetable, but you can use regular bananas if you buy them before they ripen. iSTOCK

Green bananas can be hard to peel, but you don't want to simmer them with the peel on just in case there are pesticides or herbicides.

- Lop off the top and bottom and score the skin, then peel in pieces rather than whole.
- Bring a pot of water to boil with sliced onions, salt, and just enough water to cover the bananas.
- Immerse bananas, cover and simmer for 20-30 minutes just until you can poke them with a fork easily.

Crank up the heat in the house, turn on some steel drum music and set the table with a variety of hot sauces.

Dinner. Whitefish, onions, carrots and a surprising ingredient make for a fast meal

FLASH FOOD

From your fridge to your table in 30 minutes or less

This cheap, fast meal has all the flavour of the Caribbean but none of the cost of the flight.

Boiled green bananas are a local specialty that replace potatoes as a side dish.

Directions

1. Bring a large pot of water to the boil with salt. Cut onions into rings and add to the water, cover and simmer while you peel the bananas and carrots. (To peel green bananas, cut off both ends, score the length of the skin and remove in pieces.) Slice carrots into thick rounds and bananas into 3-4 pieces. Add

Ingredients

- 1 teaspoon salt
- 2 whole onions
- 4 small green bananas
- 4 carrots
- 1 tbsp butter
- 2 cloves garlic
- Salt and pepper, to taste
- 4 small whitefish fillets

Longing for a bit of sunshine? Boil up a Caribbean specialty



TOTAL TIME
ABOUT 30 MINUTES

This recipe for Boiled Green Banana Dinner serves four. THERESA ALBERT

to boiling water and cover for 20 minutes to simmer.

2. Meanwhile, heat skillet and add butter and garlic. Salt and pepper the fish and

add to the pan when it is sizzling. Flip once and cook through for 6-10 minutes.

3. Drain water and serve bananas, carrots and onions

with fish over top.
THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT WWW.MYFRIENDINFOOD.COM

Red beans and rice are a healthy, budget-friendly choice



This recipe serves eight. MATTHEW MEAD/THE ASSOCIATED PRESS

Directions

1. In a large, heavy saucepan over medium-high, heat the oil. Add the onion, celery, red pepper and ham and sauté until vegetables are tender and meat starts to turn golden, about 7 minutes. Add garlic, chili powder, cumin and thyme, then cook for 2 minutes.

2. Increase heat to medium-high, then add the wine and stir to deglaze the pan. Stir until the wine bubbles and mostly evaporates, about 1 minute. Add the chicken broth and kidney beans, bring to a simmer, then lower the heat, cover and simmer for 30 minutes.

3. Meanwhile, in a large saucepan over medium-high, bring the water to a simmer. Add the rice and a pinch of salt, then cover and reduce heat to maintain a simmer. Cook for 15 minutes, or until the water is absorbed and the rice is fluffy.

4. Once the beans are done, stir in 2 teaspoons of vinegar. Taste and season with salt, pepper and more vinegar, if needed. Spoon the rice into serving bowls, then top with the beans and fresh cilantro or parsley.

THE ASSOCIATED PRESS/FOOD NETWORK STAR MELISSA D'ARABIAN, WHO IS AUTHOR OF THE COOKBOOK, SUPER-MARKET HEALTHY

Ingredients

- 2 tablespoons olive oil
- 1 yellow onion, finely chopped
- 1 large celery stalk, chopped
- 1 small red pepper, cored and chopped
- 6 ounces cooked ham, cubed (about 1 cup)
- 3 cloves garlic, minced or pressed
- 1/2 teaspoon chipotle chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon dried thyme
- 1/4 cup dry white wine
- 3 cups low-sodium chicken broth
- Two 15-ounce cans red kidney beans, drained and rinsed
- 3 cups water
- 2 cups long-grain white rice
- Kosher salt
- 2 to 3 teaspoons cider vinegar or white vinegar
- Ground black pepper
- Fresh cilantro or parsley, chopped, to garnish

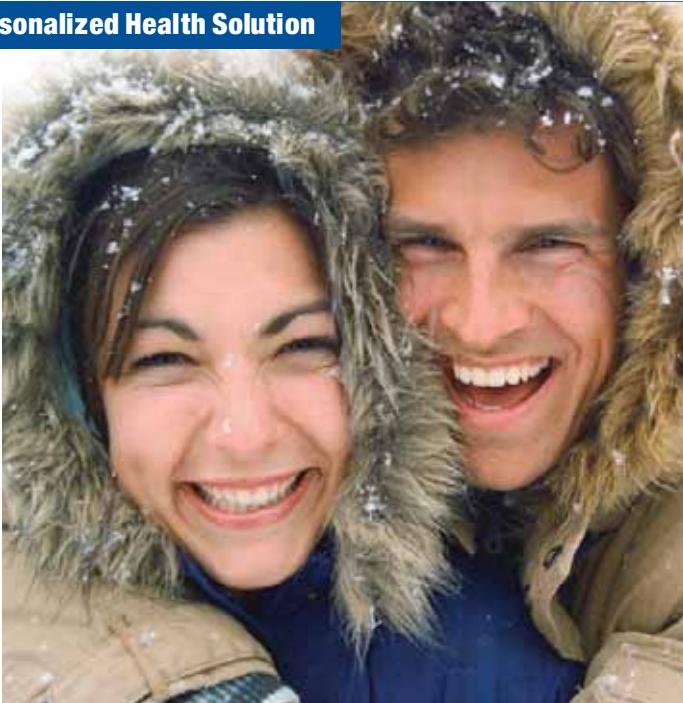


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Heart healthy with natural supplements

Visit NutriChem Pharmacy

When it comes to heart health, going the natural route is an increasingly popular choice today, says Laura Simpson, a registered holistic nutritionist at NutriChem Pharmacy, a naturopathic health clinic and compounding pharmacy in Ottawa.

“Whether you’ve had a cardiac incident, your doctor has diagnosed risk factors such as high blood pressure or high cholesterol, or you simply have a family history of cardiovascular disease, NutriChem can help you support your heart health naturally.”

BCB TESTING

Do you want to know more about your health status? NutriChem Pharmacy offers body chemistry balancing (BCB) testing, a blood and urine test that assesses 50 different biochemical components in your body to help determine the root of health problems. Clinicians can then recommend a treatment plan, including supplements, to support good health.

It is important to know your heart health details before a NutriChem health counselor or nutritionist can make recommendations, Simpson says. Also, a pharmacist is available to determine if there are any contraindications for prescription medications a person may be taking.

The most important supplements for heart function are:

- Pure premium fish oil, a high potency omega-3 fish oil made by the pharmacy that helps regulate cholesterol and blood pressure and helps to reduce blood clotting;
- Mega Mag or magnesium glycinate, an essential mineral for heart function that helps regulate blood pressure and heart palpitations and supports heart muscles and arteries;
- Coenzyme Q-10, a natural antioxidant that supports heart health, capillary integrity and helps to reduce blood pressure;
- Hawthorne, a herbal extract best taken in liquid form that helps pump blood more efficiently, regulates blood pressure and aids in reducing plaque buildup in the arteries;
- Garlic, which supports healthy blood pressure as well as cholesterol levels and homocysteine levels, which can contribute to plaque buildup.

NutriChem Pharmacy has been in business for more than 30 years. There are two NutriChem locations (on Richmond Road and St. Laurent Boulevard), as well as an online store. For more information, call 613-820-4200 or visit nutrichem.com.



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A SUPPORT PROGRAM FOR WOMEN, BY WOMEN

WOMEN@HEART OFFERS PEER-TO-PEER GUIDANCE

After a woman suffers a cardiac event, participating in a group support program can be beneficial to her physical and emotional well-being. Now, a new outreach program developed by the Canadian Women's Heart Health Centre at the University of Ottawa Heart Institute offers that much-needed support, and more, to women across the Ottawa region.

The Women@Heart Program is a peer-to-peer support program that provides specific emotional and educational support in a caring environment to women with heart disease.

After suffering from a cardiac event, many women do not get the support they need, say organizers, and there can be a risk of isolation and depression. The new program provides the opportunity for women to talk and learn from each other.

One of the unique strengths of the program is that all workshop leaders had cardiac events themselves. Participants share with someone who understands exactly what they are going through, and they learn key coping strategies.

Women@Heart runs for six months with participants meeting twice a month for two-hour sessions. The curriculum has been carefully developed to cover every important aspect of recovery, ensuring a better understanding of each participant's condition, and to empower women to take charge of their heart health. The workshops welcome from six to 12 women.

The program is community-based, which addresses another significant barrier women face when having to receive proper follow-up care. Rather than requiring participants to leave their busy lives and travel to the Heart Institute, the program is being held closer to home as sessions are scheduled to run in different locations across the Ottawa region. For example, the first Women@Heart session, which started in January, is being run out of a community centre in the Barrhaven area. In February, another will be held in Kanata.

Are you interested in attending this program? Contact Nadine Elias, program leader, at 613-798-5555, ext. 10412, or visit yourheart.ca to find out if there is a workshop being held near you. There is a pre-screening process but no referral is required. If you are interested in being a workshop leader, speak to Elias as well.



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA

CANADIAN WOMEN'S
HEART
HEALTH CENTRE

Cardiovascular Disease affects 1 in 3 women. The **Women@Heart Program** is there to support every one of them.

The **Women@Heart Program** is a peer support program led by women with heart disease, for women with heart disease that aims to create a caring environment for women to learn from each other.

The **Women@Heart Program** will provide women with heart disease, in every community, with access to emotional support, educational support and a caring environment for a better recovery after a cardiac event.

Peer leaders of the **Women@Heart Program** can help participants:

- Reduce the risk of isolation and promote coping strategies
- Better understand their condition
- Be empowered to take charge of their heart health

If you're interested in participating or in becoming a peer leader, contact us to get involved at **613-798-5555 ext. 10412**



Making a romantic connection without the use of a keyboard

Dating. Four experts weigh in on how to engage authentically in a modern world

STEPHANIE
ORFORD
for Metro

Thanks to the Internet, there's no shortage of ways to connect with someone: dating apps, websites and matchmaking services are ubiquitous and anyone who can swipe right can get a date for Saturday night.

But you can still find your self next to an attractive stranger on a bus, or in the supermarket, wishing you knew what to say to get their attention — and affection.

Technology has been trying to bridge the gap. The new app Somebody, by writer-filmmaker Miranda July, lets users enlist a stranger to deliver their message; and ShoutzApp, based in Toronto and designed for transit users, allows people in the same vicinity to have anonymous conversations.

But when apps are being created to get us talking to the people right in front of us, it's easy to think we've forgotten how to meet in the real world.

Instead of rushing home to post a Craigslist missed connection, we've asked four experts to give us their best advice.

Personal stylist: Wear your confidence

Like it or not, your image is key to attracting the right person, says Patricia Trépanier, a personal fashion stylist based in Montreal.



Patricia
Trépanier



A comment about the weather is a good way to start up a conversation, says etiquette expert Charles MacPherson. But if you get a one-word answer, it's best to move on. iSTOCK

quotes or brand names. For men, err on the side of classy, and wear a blazer you can take off if you end up in a more casual setting.

And remember, your appearance is an indicator of your interests, values and habits.

"If you neglect your personal image, it shows that you may also neglect other aspects of your life," says Trépanier.

Speed-dating host: Be honest

When you're approaching someone for the first time in real life, "I would recommend losing the pickup lines," says Nadia Marchant, representative of Vancouver-based speed-dating service FastLife Media.

She says trying new activities — like speed dating — might feel ridiculous and awkward,



Nadia Marchant

but the such real-life experiences can be electric. Meeting in person allows people to "feel instant chemistry face-to-face," she says.

But chemistry isn't enough, so when it comes to striking up that first conversation Marchant suggests just being honest.

"Be sincere, be yourself, show confidence and just genuinely communicating the reason why you're approaching someone," she says.

She also recommends trying something physically active, like hiking or bike riding, as they're more conducive to natural conversation and maybe some laughter and silliness.

Bartender: Reveal your quirks slowly

Meeting someone at a bar might seem cliché, but sometimes it works, says Lauren Mote, bar manager of UVA Wine & Cocktail Bar in Vancouver.

Whether you're at a bar or a bus stop, the courtship dance

starts with a smile.

"If they smile back, maybe you've got a shot. Offer to buy them a drink," Mote recommends, recalling an encounter she witnessed where two patrons arrived separately, struck up a conversation, left together and returned a little dishevelled. They've been frequenting the bar as a couple ever since.

Honesty is a good policy, but Mote recommends knowing when to hold back.

"Get to know someone first before you unload all your proclivities," she says.



Lauren Mote

conversation with a hot guy or girl on the street, "first read the body language of the person and see if they are approachable," MacPherson advises.

He says an open posture can include looking into your eyes and leaning towards you. In a closed posture, they may have their arms crossed, be facing away from you or looking at other things.

If they do seem approachable, "start a conversation about the weather, how long it always takes for this bus, and if the person is receptive, start having a 'normal' fun conversation. If the person is not receptive and gives one-word answers, perhaps it's best to move on."

The care and consideration you show speak volumes about you, he says.

"Kindness and graciousness are always in style."

Etiquette expert: Court with courtesy

No matter the romantic circumstances, basic human decency goes a long way, says etiquette expert Charles MacPherson.

If you'd like to strike up a

Love notes

Taking your online love offline



Michael Harris

For online daters, bring your courtship into the real world as soon as possible, recommends Michael Harris, author of *The End of Absence: Reclaiming What We've Lost in a World of Constant Connection*.

"It's wise to arrange a quick cocktail as a first date, even if you feel like your online messaging has brought you closer than that," advises Harris.

He says the problem is that online crushes can be dangerously unrealistic. The major problem lies in the shock and disappointment you feel when the digital relationship ends, and the prospective partner doesn't perfectly mirror their online persona.

"The living person you meet may bear little resemblance to the fictitious person you've crafted in your head," says Harris. "The sound of our voices, the smell of our bodies, the little details of our postures and mannerisms are going to be utterly surprising."

He says the longer you wait to meet an online love connection in person, the bigger the letdown when your interaction doesn't match what you'd imagined.

"The joy of finding love in the 21st century is the fact that lots of dating taboos have fallen away and there's no 'correct' way to meet someone anymore," says Harris. "But this also means it's up to us to choose and be active, precisely because there is no automatic prescription."

STEPHANIE ORFORD/FOR METRO

CAMP GUIDE



SHUTTERSTOCK

Loads of activities at Frontier Trails camps

Various riding programs available to fit any camper's skill level

Your summer camp or March Break adventure begins at Frontier Trails.

Their traditional camp programs offer a variety of fun-filled activities, all under the guidance of excellent, friendly, qualified, caring staff with a 1:4 staff-to-camper ratio.

For seasoned riders and beginners alike, Frontier Trails offers horsemanship programs at this family-oriented camp in the Ottawa Valley.

For the more experienced rider, the Horsemanship Experience program includes three hours of instruction and trail riding every day, an overnight trail ride camp-out with the horses and even the chance to swim with your horse. The intermediate program includes two hours of riding instruction and trail riding every day while the Horsemanship Beginner includes one hour. All riding programs also include traditional camp activities.

Frontier Trails also offers adventure camps that are sure to provide a memorable experience for children and youth who enjoy vigor-



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ous, outdoor activity. These include activities like white water rafting, archery, kayaking, canoeing, paintball, zip lining and more.

There are also traditional camp and music programs that include two to three hours of music per day, including guitar, ukulele and voice lessons.

Of course, Frontier Trails isn't just for campers, they also offer three season, outdoor, educational school trips and group retreats.

Register online at frontiertrailscamp.com or call 613-625-2416.

At home with kids this March break?

YLVIA
VAN BUUREN
For Metro

March break is a wonderful time to introduce children to interesting ways to learn and have fun. Judy Arnall, a certified parent educator in Calgary, and author of *Parenting with Patience*, says kids love to participate in theme days, and she suggests creating special 'days' with costumes, food, learning, and of course, fun.

Camp Day: Kids under five will love setting up camp in the living room. Use sheets over tables to make a tent. Then, put a camp lunch together and stay inside.

Pirates Day: The costumes are the most important part of this fun day. Younger kids love to dress up (white shirts, bandanas and eye patches). Make sure there's a chest of gold and jewelry, too. Use laundry hampers for boats.

History Day: Have school aged kids choose an historical era and organize clothing, activities, and food around that theme. For example, for Cave Day, eat with your fingers (chicken and bread) and make cave drawings (use paper on the wall).

Cooking Day: Set up a restaurant in the kitchen! Someone has to make menus, be sure there are order pads, and then make easy dishes such as instant pudding, chocolate milk, and peanut butter sandwiches. Yum!

Garden Day: Water the plants together, and set up new ones for spring in little windowsill containers. Take a trip to the garden centre and pick up seeds, containers and soils. Kids will love getting their hands dirty.

Games Day: Board games are a wonderful way to teach kids math and reading skills. Visit a toy store and find a new game to learn.

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The Carleton Sports Camp Advantage

For over 40 years, Carleton University has been offering Ottawa's finest sports camp experience for kids aged 4 to 17. Check out our wide variety of sports camps and children's programs offered this summer.

athletics.carleton.ca/camps

REGISTRATION OPENS FEB. 17, 2015

Sports Camp • Mini Ravens
Basketball Camp • Hockey Camp
Soccer Camp • Art and Sport Camp
Sport and Creative Writing Camp
Tennis Camp • Ringette Camp
Leadership Camp • Football Camp

Centrally located

Registration includes daily cafeteria lunch and a t-shirt

Daily swim!

Full range of indoor and outdoor activities no matter the weather



CARLETON ATHLETICS



Carleton U camp keeps kids active

Carleton University aims to keep kids moving during March Break with its March Break Camp, a multi-sport camp that runs from March 16 to 20.

Every year, over 200 kids, ages six to 14, participate in the Carleton University March Break Camp, which is similar to the school's popular summer sports camp, with multiple activities, swimming, lunch and a T-shirt included.

Throughout the week, camp participants are able to play a range of sports, including badminton, basketball, European handball, dodgeball, fencing, field hockey, soccer, squash, ultimate Frisbee, volleyball, and water games.

Other activities may include an introduction to water polo, football drills and skills, arts and crafts, co-operative games and tennis, and every day ends with an afternoon swim.

Campers will have access to the full range of Carleton University's first-class facilities, including the indoor turf field house, Ravens Nest, squash courts and fencing room.

Sports and activities throughout the camp may vary, according to age-appropriateness and facility and instructor availability, but all groups will participate in at least five different sports each week.

Of course, all of that play will make a body hungry. That's why a full cafeteria lunch is included every day of the camp. A T-shirt will also be provided.

Carleton University March Break Camp details:

- Open to ages six to 14.
- Camp runs from 8:30 a.m. to 4:30 p.m. each day with pick-up and drop-off at Carleton University Fieldhouse.
- Before/after care is also available for a small fee.
- Registration now open. Register at the website: athletics.carleton.ca/camps or in person at the welcome centre in Alumni Hall.
- Price: \$264.50
- Single day registration is also available.

REGISTER FOR REC DAYS

Registration is now open for Red Days, Carleton University's popular school field trip program. Each May and June, almost 5,000 students from Ottawa and the surrounding areas visit Carleton Athletics for an active, fun-filled field trip. Teachers and principals can tailor their activities, as well as start and finish times, to meet the needs of their group. For details, go to the website: athletics.carleton.ca and search 'Rec Day Program'.

SOMETHING FOR EVERY CAMPER

JCC STAFF ARE DEVOTED TO CHILDREN

With Day Camp, Travelling Sports Camp and 17 exciting specialty camps, JCC of Ottawa Summer Camps has something for every child.

JCC Day Camp, for two to 14-years-old, includes instructional swim lessons and a daily free swim. Campers love art, drama and a different theme each week such as Animal Planet, Around the World and Treasure Island. Day Camp takes place at the Soloway JCC's outstanding air conditioned facilities which include indoor and outdoor pools, gym, preschool rooms for younger campers and two multi-purpose fields.

For the more adventurous type, there's Travelling Sports Camp, a unique program that exposes children (entering Grades 2 to 9) to a variety of sports and takes them to the city's coolest summer spots. Mornings at the Soloway JCC include a daily swim lesson plus instruction in a ton of different sports like soccer, football, ball hockey, softball, ultimate

Frisbee, and more. After lunch campers hop on a bus and go windsurfing, banana boarding, tubing and go-carting. Tennis, golf and water slides are also part of the fun.

JCC of Ottawa's exciting specialty camps educate and spark children's imaginations. New this year are Spy Kids, Music Video Camp, and Radical Junior Science Camp. Returning favourites include If We Could Talk to the Animals, Lego Camp, Horseback Riding, Boot Camp, Claymation Animation, Girls on the Go, The Great Adventure, Band Camp, Tennis Camp, Summertime Splash, Basketball, Girl Power, Silent Motion Pictures and Last Blast.

All JCC of Ottawa Summer Camps' mature and highly qualified staff are chosen for their commitment, devotion and ability to work with children. Low counselor-to-camper ratio further ensures that all activities are safe, fun and provide a positive experience for everyone.



SHUTTERSTOCK

JCC of Ottawa Summer Camps headquarters is the Soloway JCC located in Ottawa's west end at 21 Nadolny Sachs Private, one block south of Carling off

Broadview. Before and after camp care are available. Register online at their website: jccottawa.com or print out a registration form from the website and take it in.

JCC of Ottawa SUMMER CAMPS 2015

DAY CAMP • TRAVELLING SPORTS CAMP • SPECIALTY CAMPS

Instructional swim lessons included in Day Camp & Travelling Sports Camp

The best SUMMER OF YOUR LIFE!

REGISTER ONLINE!

ages 2-15

A place for young actors to shine

For the young aspiring thespian, Ottawa Little Theatre, the oldest on-going community theatre in North America, offers March Break camps for kids ages nine to 12.

Throughout the week, young actors will experience the joy of creating theatre — they'll discover how a play tells a story, create characters and explore how movement and voice can transform them into someone else.

Participants will even get the chance to perform on the main stage for their family and friends, complete with costumes, set pieces, lighting and sound effects.

Not only are Ottawa Little Theatre's March Break camps fun, they also help kids strengthen their self-confidence and build teamwork skills.

The Ottawa Little Theatre March Break camps take place from March 16 to 20. All camps run from 9 a.m. to 4 p.m. with a Friday afternoon performance from 4 to 5:30 p.m. Registration is \$225.

Before and after care is also available, starting at 8 a.m. and again at 4 p.m. for an



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additional fee (\$10 for before or after, \$20 for both).

All classes and performances will be held at Ottawa Little Theatre, 400 King Edward Ave.

To register, call 613-233-8948 or visit ottawalittletheatre.com.

March Break Drama Camps



ages 9-12

March 16-20

from 9 am – 4 pm
\$225 tax incl.

Before and after care available

On the Stage of the OLT!



Ottawa Little Theatre

To register call 613.233.8948
OTTAWA LITTLE THEATRE.COM

Summer Programs Offered!

ADVANTAGE KIDS: TENNIS CAMP AN ACE EXPERIENCE

Founded in 1985, the National Tennis School has been running camps for over 25 years.

Initially offering only tennis camps, the program has been expanded to offer other activities, like sailing, mountain biking, Survivor, Go Girls and Amazing Race under the banner National Kids Camps.

During March Break, the National Tennis School and National Kids Camps offer three programs — Tennis Camp, March Break Survivor Camp (All Saints High School) and Go Girl (Sacred Heart High School).

For the tennis only camps, students (ages six to 14) will play up to four hours of tennis per day, taught by Tennis Canada certified instructors. They will learn the fundamentals of tennis and compete in singles and doubles tournaments.

Throughout the week, the young athletes will also play tennis ball golf, capture the flag, road hockey, Olympics, World Cup soccer and lots more.

There will also be special theme days and lots of music.

The National Tennis School March Break camps take place at the Tennis Centre West Ottawa, 120 Greenview Ave. from 9 a.m. to 4 p.m. The cost is \$269 plus HST.



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For more information on Tennis Camp, March Break Survivor Camp or Go Girl, visit the websites: nationaltennisschool.com or nationalkidscamp.com.

NATIONAL KIDS CAMPS

March Break and Summer Camps

Use promo code: M201510 and receive \$10 OFF
Promo code expires February 28, 2015

**Pre & Post camp care FREE
Spaces are limited so CALL TODAY!**



Tennis Camp (8-14 yrs March Break & Summer Camp)

The best and oldest Tennis camp in the City.
Excellent for all levels. 6 Locations in Ottawa.

Sail and Serve (8-14 yrs Summer Camp)

A combination of Tennis and Sailing Lessons from certified instructors at Britannia Yacht Club

Mountain Bike (8-14 yrs Summer Camp)

Explore the area's local trail systems while learning safe riding techniques at Camp Fortune and Kanata Lakes. TRANSPORTATION INCL.

Survivor Camps (8-14 yrs March Break & Summer Camp)

A series of fun challenges with team building activities that will bring "Survivor" to the campers. Camp Fortune. TRANSPORTATION INCL.

Go Girl (8-13 yrs - Girls Only - March Break & Summer Camp)

This program will help girls learn to love their mind, body and spirit through developing leadership, service and wellness. Stittsville.

Amazing Race (8-14 yrs Summer Camp)

A series of challenges with a geographical base that will encourage diversity, and education. Stittsville & Kanata

For more info and to sign up, call 613-723-1101
or visit www.nationalkidscamps.com

Great leaders make all the difference

No matter the weather, come play with us for a week of fun and games. City of Ottawa offers over 100 March Break camps for the best value, plus quality you can count on.

Our affordable camps spark creativity, promote physical activity, increase independence, and develop leadership.

Parents know there is plenty of fun organized by the talented and certified leaders who operate the camps at recreation and culture facilities across the city.

One happy parent reported: "My son had another amazing year and thoroughly enjoyed his experience. He met friends, learned new ideas and skills; experienced a variety of activities and just plain old had a fun time. The team does a great job up there in creating an inclusive environment that allows all kids and all personalities to thrive."

City leaders have often been campers themselves and bring their unique expertise to the programs. Supervisors at all levels have been involved in camps and aquatic programs and know that safety is a big factor when programming for groups. All

staff have been trained in first aid and CPR, emergency procedures, AODA and risk assessment.

Our great leaders have specialized skills in sports, leadership, aquatics and adventure. They plan age-appropriate activities while making sure that everyone is included. Check out the arts camps at Nepean Creative Arts Centre, Nepean Visual Arts Centre, and Shenkman Arts Centre. These camps are led by accomplished artists in customized studio spaces.

Take to the ice with hockey, skating and curling camps. Try indoor soccer or have a blast in the pool. Our active camps specialize in skills and drills for all sorts of sports, to increase speed, precision and fitness level.

It's easy to register online through the interactive March Break Camps pages. You can also register by phone, 613-580-2588, or by visiting your favourite recreation and culture facility. Discover March Break Camps at ottawa.ca/recreation.

Ottawa's largest selection of camps offer top value and quality you can trust. Take the break to try new things.



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4 SPORTS

22

SPORTS

metronews.ca
Tuesday, February 10, 2015

Robin Lehner has gone 1-4-0 since the all-star break. RICH GAGNON/GETTY IMAGES

Sens supportive of struggling goalie

NHL. Frustrated Lehner received attention for his outburst following Saturday night's loss

Considering the Senators' current struggles, Robin Lehner's teammates have no problem with how the Ottawa goaltender chooses to vent his frustration.

Lehner, who will make his sixth straight start Tuesday night in Buffalo, was handed the reins after the all-star break when it was revealed starting goalie Craig Anderson had sustained a hand

injury in a game against Toronto on Jan. 21.

Since taking over, Lehner has gone 1-4-0, allowing 18 goals and posting a .917 save percentage. Not a glowing endorsement of his abilities.

Things came to a head Saturday night after the Senators (20-22-9) were defeated 4-1 by the Columbus Blue Jackets. After giving up the fourth goal late in the game, Lehner threw his stick and at the buzzer went on to snap it over his knee.

Lehner was less than excited at revisiting the topic on Monday and said his actions were nothing more than a result of frustration over losing

Playoff chase

14

The Senators sit 14 points out of the final playoff spot in the Eastern Conference.

a third straight game.

"I always play with fire, and when I play with too much fire, that's a negative," said Lehner. "You guys turn that into a negative, too. Maybe I shouldn't throw the stick, but I'm not happy. I'm not happy with the result, and it got to be a little bit too much."

"It's not because I think

it's fun or I think it's cool to throw my stick. I'm embarrassed about it, but it happens."

Defenceman Marc Methot says he has no issue with Lehner showing his emotions, saying it's simply an indication of how much he cares.

"With (Lehner) you've got to know who he is as a person, and he's very emotional and we all respect that," said Methot. "It's his competitive nature. With the way we played, there was no reason for him to be happy about it."

"I have all the respect in the world for (Lehner), and that stuff doesn't bother me."

THE ASSOCIATED PRESS

Obituary

Former Habs coach Ruel dead at 76

Claude Ruel, who coached the Montreal Canadiens to a Stanley Cup in 1969, was a gifted hockey and baseball player in the 1950s before losing sight in his left eye.

Ruel died at his home in Longueuil, Que., on Monday at age 76 after spending his entire hockey career in the Canadiens organization, mostly in scouting and player development.

He had hoped to be an athlete and as a teenager was a promising hockey defenceman and baseball player who had been invited to the Cleveland Indians camp. But he lost sight in his left eye while playing for the Hull-Ottawa Junior Canadiens in a pre-season game in Belleville, Ont., in September, 1957.

THE CANADIAN PRESS

Skiing

Maze wins gold in Alpine combined

Tina Maze pulled off an impressive feat on soft snow: a cartwheel in ski boots. Her skiing wasn't too bad, either.

Maze captured gold in the Alpine combined Monday, earning her third medal of the world championships on a warm afternoon when Lindsey Vonn failed to finish the slalom.

Leading after the downhill portion, the Slovenian standout used a clean slalom run to finish in a combined time of 2 minutes, 33.37 seconds. Nicole Hosp of Austria was second, 0.22 seconds behind, and fellow Austrian Michaela Kirchgasser earned third.

THE ASSOCIATED PRESS

Silva dropped from The Ultimate Fighter

The UFC has pulled Anderson Silva from The Ultimate Fighter Brazil 4 at the request of the Nevada State Athletic Commission.

The former UFC middle-weight champion tested positive for two steroids in an out-of-competition test last month.

In a statement last week, the UFC said Silva, who



THE CANADIAN PRESS

has denied cheating, would continue in his role as coach on the reality TV show. But it subsequently changed its mind.

NBA

Unibrow nursing injured shoulder

The New Orleans Pelicans say all-star forward Anthony Davis sat out Monday night's game against Utah because of a sprained right shoulder.

He has been listed as day-to-day, meaning his status for Wednesday night's home game against Indiana remains uncertain. THE ASSOCIATED PRESS

VegasWantsHockey kicks off ticket drive

Canadian poker star Daniel Negreanu knows a thing or two about odds. The Toronto native and lifelong hockey fan thinks Las Vegas has a 92.4 per cent chance of getting an NHL team.

Prospective owner Bill Foley and his company, Hockey Vision Las Vegas LLC, get to prove it beginning Tuesday when the VegasWantsHockey

season-ticket drive gets underway. The goal is to get at least 10,000 full-season deposits to show there's significant fan interest in an NHL expansion team beginning play in the desert for the 2016-17 season.

Negreanu is helping to sell NHL hockey to the people of Nevada and already has his four season tickets reserved.

THE CANADIAN PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your
Metro News app for today's
crossword and Sudoku answers.
It's OK. No one's watching.



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instructions
on Metro's
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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Don't try too hard to prove yourself to people who you do not respect. You are under no obligation to even to acknowledge their existence.

♉ Taurus

April 21 - May 21

You have set your heart on something and you intend to see it through, no matter what the critics might say. So what are you waiting for?

♊ Gemini

May 22 - June 21

Someone in a position of authority will be rather critical of your work but don't lose heart. They think you could do with a little push to get you going. They could be right.

♋ Cancer

June 22 - July 23

No matter what negative things may happen you must laugh at them long and loud. If you look on the dark side, you will only make matters worse. Think yourself happy.

♌ Leo

July 24 - Aug. 23

Make a real effort to focus only on the facts today. Take advice with a large pinch of salt, especially when it's your money they are talking about.

♍ Virgo

Aug. 24 - Sept. 23

Push ahead with your number one plan, no matter how many people say you must be either mad or bad. They are scared you will show them up — and they're right, you will.

♎ Libra

Sept. 24 - Oct. 23

Don't blame yourself unduly for some kind of mistake — either it wasn't your fault at all or it was the kind of thing that can happen to anyone.

♏ Scorpio

Oct. 24 - Nov. 22

You will have to seek assistance from people whose knowledge is superior to your own. You can carry on alone but it won't be long before you need help.

♐ Sagittarius

Nov. 23 - Dec. 21

Someone will be hard to pin down but before you get angry consider it may be what they want you to do. If you lose your temper it will just make them look good.

♑ Capricorn

Dec. 22 - Jan. 20

You may find it hard to get a straight answer from someone but you don't need their input, still less their permission, so stop trying to be so polite.

♒ Aquarius

Jan. 21 - Feb. 19

Someone's dishonesty may shock you but you only have yourself to blame. The signs have been there but you chose to ignore them. Now what are you going to do about it?

♓ Pisces

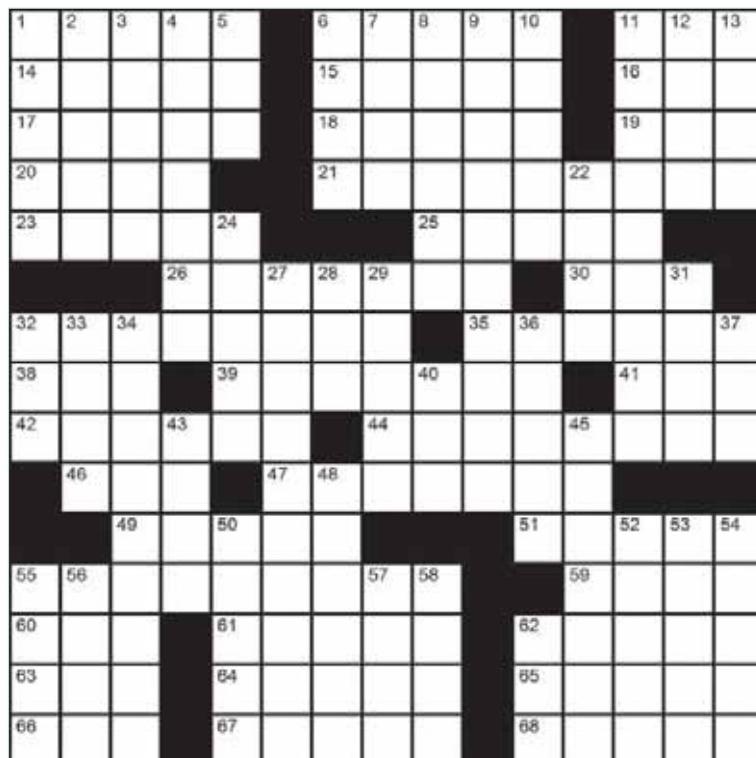
Feb. 20 - March 20

Someone will be vocal in their criticism of you but they mean well. Listen to what they have to say and accept that at least some their criticisms are valid.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Twin brothers Daniel or Henrik of the Vancouver Canucks
6. Dad's dad
11. Commonly, poetically
14. Reflection
15. Madagascar animal
16. Ms. Bainter of "Jezebel" (1938)
17. Leonard of "Star Trek"
18. Total eclipse phenomenon
19. Certain conifer
20. Above
21. Quebec meat pie
23. All that glitters ___ gold
25. Bit of Elton John's "Your Song": "I ___ the roof..."
26. Ill-tempered
30. 'The Finals' org.
32. "Fantasy Island" boss: 2 wds.
35. Takes one's turn at trying: 3 wds.
38. "C'est la ___!"
39. Circus barkers
41. Director's "Stop!"
42. Fruitlessly: 2 wds.
44. Quick-photos-messaging app
46. Ms. McGillis, to pals
47. Beast slain by Beowulf
49. Mr. LeBlanc, Governor General of Canada from 1995 to 1999
51. Bard's below
55. ___ Arc (Circular formation on the Quebec side of Hudson Bay)
59. Mystique
60. The Monkees hit: "___ Believer"
61. Pine tree stuff
62. Anesthetized
63. Zero
64. Succeed at being annoying: 2 wds.
65. Entreaties
66. Burdened beast
67. Actress Elizabeth
68. New Wave music instr.
69. Mount of the Bible
70. Gives off
71. Matt of movies
72. Storied monster of Lake Simcoe in southern Ontario
73. Napoleon Wars marshal
74. Feed fully
75. San ___, Italy
76. Surprise attack
77. British singer of "One Night in Bangkok": 2 wds.
78. ___ & Whitney
79. Canada (Aircraft engine company)
80. Severe
81. Canadian actress Ms. Dobrev
82. "Titanic" (1997) actress Suzy
83. Tailed toy
84. ___ donor (Unknown benefactor)
85. Sit-___ (Exercises)



Down

1. Mount of the Bible
2. Gives off
3. Matt of movies
4. Storied monster of Lake Simcoe in southern Ontario
5. Napoleon Wars marshal
6. Feed fully
7. San ___, Italy
8. Surprise attack
9. British singer of "One Night in Bangkok": 2 wds.
10. ___ & Whitney
11. Canada (Aircraft engine company)
12. Severe
13. Canadian actress Ms. Dobrev
14. "Caline de Doux Blues" Quebec band
15. Honest
16. Pericles, Prince of ___
17. They're electrically charged
18. Ms. Bingham of "Baywatch"
19. Zest-in-a-recipe source: 2 wds.
20. Kiev's li'l land
21. Burn a fragrant stick
22. Madrid 'water'
23. 1006 in ancient Rome
24. Hockey arena area
25. Changed decisions
26. ___ Colorado
27. Senators, on scoreboards
28. Bed-and-Breakfast
29. Many: 2 wds.
30. In a hitch-free way
31. Hen hangouts
32. Bette's "All About Eve" (1950) role
33. Pulitzer-winning poet W.H.
34. Mr. Williams of "Hair" (1979)
35. Severe
36. Canadian actress Ms. Dobrev
37. "Titanic" (1997) actress Suzy
38. Tailed toy
39. ___ donor (Unknown benefactor)
40. Sit-___ (Exercises)

Yesterday's Crossword



Online

See today's answers at
metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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